

Bengali Mustard Prawns Recipe

Ingredients:

- Prawns – 400 gms, shelled, deveined, washed, cleaned
- Lime Juice – 2 tsp
- Coriander Leaves – handful, chopped

For the marinade:

- Ginger – 1/4 inch piece, peeled
- Green Chillies – 2
- Fennel Seeds – 1/2 tsp
- Coriander Seeds – 1/4 tsp
- Peppercorns – 1/4 tsp
- Salt – 1/4 tsp
- Mustard Paste – 1 tblsp
- Red Chilli Powder – 1/4 tsp
- Juice of 1/2 Lime
- Mustard Oil – 1 tsp

Method:

- Dry roast the ginger, green chillies, fennel seeds, coriander seeds and peppercorns.
- Grind them together with salt and little water.
- Add the chilli powder, lime juice, mustard oil and mustard paste.
- Mix well until smooth.
- Add the prawns and gently mix until evenly coated.
- Cover and keep aside for 15 to 20 minutes.
- Transfer the prawns to a roasting tray and spread them out evenly.
- Place the tray in a preheated oven at 160C/320F for 10 minutes or until cooked.
- Remove and keep aside to cool.
- Just before serving, sprinkle lime juice and coriander leaves.
- Serve at once.

